Exhibit C

XML can be used as a standard to transfer data between the Vita Stats machine and the web server. XML tags can be used to distinguish between different types of data such as User biographic data, blood pressure data and the Vita Stats identification data.

XML DATA FORMAT

```
<HEALTH_DATA VERSION="1.0">

 <UNIT_ID> </UNIT_ID>
 <DATE> </DATE>
 <TIME> </TIME>

 <USERS>

  <USER>
   <SSN> </SSN>
   <MAGNETIC_ID> </MAGNETIC_ID >
   <LAST_NAME> </LAST_NAME>
   <FIRST_NAME> </FIRST_NAME>
   <MIDDLE_NAME> </MIDDLE_NAME >
   <BLOOD_PRESSURE>
     <ROWS>

       <ROW>
         <SYSTOLIC_BP> </SYSTOLIC_BP>
         <DIASTOLIC_BP> </DIASTOLIC_BP>
         <PULSE> </PULSE>
         <WEIGHT> </WEIGHT>
         <DATE> </DATE>
         <TIME> </TIME>
       </ROW>

     </ROWS>
   </BLOOD_PRESSURE>
  </USER>

 </USERS>

</HEALTH_DATA>
```

Using this format, multiple user's data can be transferred each having multiple blood pressure records.

XML TAG DESCRIPTION

The significance of the tags is as follows...

HEALTH_DATA: The main tag encapsulating all the other tags. It will have one attribute named **version,** which will state the version number.
UNIT_ID: Contains the Unique Vita Stats machine identifier.
DATE: Contains the date of generation of the XML document.
TIME: Contains the time of generation of the XML document.

USERS: Encapsulates all the USER tags.
USER: It's a repeating tag encapsulating each user's data.
SSN: Contains the user's social security number.
MAGNETIC_ID: Contains a unique identifier like a credit card number.
LAST_NAME: Contains the last name of the user.
FIRST_NAME: Contains the first name of the user.
MIDDLE_NAME: Contains the middle name of the user.

BLOOD_PRESSURE: Encapsulates all the ROWS tag.
ROWS: Encapsulates all the ROW tags.
ROW: It's a repeating tag encapsulating blood pressure data.
SYSTOLIC_BP: Contains the systolic blood pressure reading.
DIASTOLIC_BP: Contains the diastolic blood pressure reading.
PULSE: Contains the pulse reading.
WEIGHT: Contains the weight of the user.
DATE: Contains the date of the blood pressure readings.
TIME: Contains the time of the blood pressure readings.

DATA TYPES

The data types of the data, which the tags can hold are as follows...

XML Tag	Data type	Max Length/Format
UNIT_ID	STRING	10
DATE	Date	MM/DD/YYYY
TIME	Time	HH:MM:SS
SSN	NUMERIC	9 digits
MAGNETIC_ID	STRING	35
LAST_NAME	STRING	30
FIRST_NAME	STRING	20
MIDDLE_NAME	STRING	20
SYSTOLIC_BP	NUMERIC	3 digits
DIASTOLIC_BP	NUMERIC	3 digits
PULSE	NUMERIC	3 digits
WEIGHT	NUMERIC	4 digits

- Weight data is assumed to be in **pounds.**

SAMPLE DATA

The following example contains data of two users each having two blood pressure records.

```
<HEALTH_DATA VERSION="1.0">
  <UNIT_ID>VS12345XXXXXXXXX</UNIT_ID>
  <DATE>11/23 99</DATE>
  <TIME>00:00:01</TIME>
  <USERS>
   <USER>
    <SSN>123234345</SSN>
    <MAGNETIC_ID> </MAGNETIC_ID>
    <LAST_NAME>Cruise</LAST_NAME>
    <FIRST_NAME>Tom</FIRST_NAME>
    <MIDDLE_NAME>K</MIDDLE_NAME>
    <BLOOD_PRESSURE>
     <ROWS>
      <ROW>
       <SYSTOLIC_BP>100</SYSTOLIC_BP>
       <DIASTOLIC_BP>80</DIASTOLIC_BP>
       <PULSE>75</PULSE>
       <WEIGHT>150</WEIGHT>
       <DATE>11/22/99</DATE>
       <TIME>01:01:01</TIME>
      </ROW>
      <ROW>
       <SYSTOLIC_BP>100</SYSTOLIC_BP>
       <DIASTOLIC_BP>80</DIASTOLIC_BP>
       <PULSE>75</PULSE>
       <WEIGHT>150</WEIGHT>
       <DATE>11/23/99</DATE>
       <TIME>02:02:02</TIME>
      </ROW>
     </ROWS>
    </BLOOD_PRESSURE>
   </USER>
   <USER>
    <SSN>2342342334</SSN>
    <MAGNETIC_ID> </MAGNETIC_ID>
    <LAST_NAME>Doore</LAST_NAME>
    <FIRST_NAME>Emette</FIRST_NAME>
    <MIDDLE_NAME>S</MIDDLE_NAME>
    <BLOOD_PRESSURE>
     <ROWS>
```

```
<ROW>
  <SYSTOLIC_BP>100</SYSTOLIC_BP>
  <DIASTOLIC_BP>80</DIASTOLIC_BP>
  <PULSE>75</PULSE>
  <WEIGHT>150</WEIGHT>
  <DATE>11/22/99</DATE>
  <TIME>03:03:03</TIME>
</ROW>
<ROW>
  <SYSTOLIC_BP>100</SYSTOLIC_BP>
  <DIASTOLIC_BP>80</DIASTOLIC_BP>
  <PULSE>75</PULSE>
  <WEIGHT>150</WEIGHT>
  <DATE>11/23/99</DATE>
  <TIME>04:04:04</TIME>
</ROW>
</ROWS>
</BLOOD_PRESSURE>
</USER>
</USERS>
</HEALTH_DATA>
```